



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

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“Almost everything will work again if you unplug it for a few minutes . . . including you.”

Anne Lamont

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Welcome New Members!

Martine Brian
Katharine Gresham
Ingrid and Richard Suisman

¡Viva the 5G Technology Revolution! (or not)

When referencing wireless communications networks, the G stands for *generation* and references the speed to which one connects to the internet.

By Eva M. Lucero,
Executive Director

The first generation—1G—of wireless communications was launched in 1979, allowing people to make calls between mobile phones for the first time. In 1991, 2G technology moved from analogue to digital and enabled text-only (SMS) messaging. 3G ushered in the smartphone revolution in 1998, allowing users to send pictures and even make video calls. Released in 2008, 4G is the current standard for wireless communications in the U.S. and most of the world, allowing users to send instant messages and engage in data-intensive activities like gaming, video conferencing, and high-definition live media streaming. This year will mark another major advancement in wireless communications with the U.S. release of 5G technology, which was rolled out in

various locations in China and other Asian countries last year.

This fifth generation of mobile communications is more than just an upgrade for faster data networks, it brings a wealth of new opportunities and a major change in how the world is connected. 5G makes possible the connection and interaction of millions of devices and the collection of data from those devices (commonly called the “Internet of Things”



or IoT). The most impactful feature of 5G is its low latency, which refers to the delay between an instruction and execution of the command. 4G has a latency of about 50ms; 5G will reduce this to less than 5ms in three years and less than 1ms in four years. For

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President's Notes



I am honored to assume the role as the 2020 Dupont Circle Village president.

I must admit that following **Steve Kittrell** is very intimidating. Everyone agrees he has been a fabulous president. Steve's thoughtful guidance over the last 3 ½ years, and working along-side DCV's executive director, **Eva M. Lucero**, has resulted in growth in programming, welcoming more Open Village members and improving our infrastructure. He is also an amazing volunteer, offering to help in many ways—from handyman tasks to serving as a member of our Care Groups. I am pleased that Steve has agreed to continue his board work as the DCV treasurer for the coming year.

My partner, **Bill Roberts**, and I joined the Village as an insurance policy. We thought it would be great to have help if we needed it without bothering our children. We found the Village to be so much more! We have found wonderful new friends, participated in interesting activities that we would not

have considered, and have been able to offer help to some Villagers when they needed an extra hand.

During my career, I faced challenges and would often remind myself that I shouldn't "sweat the small stuff". Working with our Village is different—often it's the "small stuff" that is most important. It's a hug from a new friend when you're lonely or tired, a meal arriving just when you really need it, exploring a new activity that you never dreamed of trying, tickets to the theater at a price you can afford, a dinner with other Villagers, or a Holiday gift package. There are so many things that say we care for each other and we are "family". We are all lucky to have our Village—please let us you what you

need—whether it be large or small, all are important!

Of course, all this programming takes money! We are pleased that our fundraising efforts have provided the support to build an organization that can assure that services are available—from the small stuff to bigger stuff like help from our staff including access to **Barbara Scott**, the DCV social worker. Our recent year-end fundraising effort was very successful. At publication time, we have raised **\$50,425** which includes a generous matching gift for all DCV member contributions. We are grateful for your generosity. If you haven't given, please consider a gift now. It's a good way to start the new year!

This year I would like to propose a Theme, something that provides some focus on part of the Village's programming which could improve our well-being. Suggestions so far include "Living Life to the Funniest", "Take Care—You're Important". We plan to finalize a Theme this month and I would love to hear your suggestions. You can reach me at president@dupontcirclevillage.net.

5G Technology

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comparison, the human brain takes about 10ms to process an image.

One of the most promising and exciting outcomes of 5G technology is in the healthcare field. 5G's faster network speeds and reduced latency could allow doctors to remotely treat patients with less risk posed by network blackouts, disconnections and lag time. It could also speed up access of remote medical services and procedures, such as sharing large digital images to remote areas and performing robotic surgery.

In early 2019, a Chinese surgeon in the southeastern province of Fujian

performed the world's first remote surgery using 5G technology. He controlled the robotic arms from 30 miles away as he removed the liver of a laboratory test animal over a 5G connection with a lag time of just 0.1 seconds.

Based on the enthusiastic reception of 5G technology by government and industry, we could be poised for another technological revolution or at least some significant innovations that impact our daily lives. Will 5G live up to its hype? It's still too early to tell. Also, 5G technology does come with some reservations and criticism. Recent articles in *Scientific American* magazine highlight opposition from citizen groups and some

scientists related to possible health effects of radio-frequency (RF) energy transmitted by 5G base stations. More information can be found here <https://blogs.scientificamerican.com/observations/we-have-no-reason-to-believe-5g-is-safe/>.

Furthermore, certain security flaws in 2G, 3G and 4G persist, making 5G just as vulnerable www.techrepublic.com/article/why-5g-harbors-multiple-security-weaknesses/. However, major investments are being made by government and the private sector to foster more secure and reliable 5G technology. It will be here before you know it so buckle up for a faster, more interconnected and transformative wireless experience.

Hospitals Can Be Dangerous. Arm Yourself!

Several years ago, a man living near Dupont Circle walked to George Washington University hospital for a major gut operation. After he was admitted, he was wheeled into the operating room where a surgical team was ready to put him under anesthesia and get on with the job.

By Joan Treichel

"Wait a minute!" he protested. "When are you going to clean me out?"

The two top docs looked startled, conferred together in a huddle, then announced: "This operation is postponed."

Yes, somebody along the chain of command had neglected to give the patient a clean-out prep kit before he went to the hospital. One can only imagine what the consequences would have been if he hadn't said something.

Indeed, "Hospitals are scary places," Bonnie Friedman emphasized at a recent Village Live and Learn Program on "How to Survive a Hospital Stay." In addition to seeing her husband through 14 serious hospitalizations, she is author of the book *Hospital Warrior: How to Get the Best Care for Your Loved One.*

Patients are not only at risk of medical errors, but are beset with "sounds, smells, and cultures that are foreign to most of us," Friedman reported. "It is sometimes impossible to know who is calling the shots." Patients often do not have their own doctors. Nurses are overworked. Communication among hospital staff may be botched.

So how to survive a hospital stay? Friedman gave some 30 of us Villagers valuable guidance during her talk.

Hospital rankings by Medicare, Consumer Reports, US News, Washingtonian, and other sources can be useful, especially if you need specialized care. Teaching hospitals tend to be good choices if you have



a complex or particularly challenging condition since they are usually up on the latest. Yet they tend to be large and bureaucrat and sometimes require patients to serve as exhibits for medical students learning their profession.

Don't go it alone! Selecting a personal advocate may well be the most important thing you can do to survive a hospital stay, Friedman stressed.

Ideally a personal advocate is a family member or friend who knows you and your medical history well. But you can also hire somebody to play the role for you. Iona Senior Services, nursing agencies, or nursing aide agencies can help you in this regard.

If you are asked to serve as someone's personal advocate, try to spend as much time in the hospital as you can during that person's hospitalization, Friedman advised. Observe what is going on, take notes, ask questions. If you bring along a box of chocolates to offer staff, it can oil the

conversation. And if your instincts tell you that something is wrong, don't be shy about asking for help, but also use a "dash of diplomacy." Respect usually garners better results than high-handedness.

Admission caveats: Before you are admitted to a hospital as a patient, an intake person will ask you a number of questions and type up the responses on admission forms. Ask to take a look at these forms before they are made a part of your hospital record because they invariably contain mistakes. Also, upon admission, you will be given a Medicare form detailing your rights in the hospital. Hold onto that paper; you may need it later.

Discharge dangers so you survived a hospital stay, and the discharge forms are finally, thankfully signed. Don't celebrate your release quite yet, though, Friedman cautioned, because discharge planning is one of the most vulnerable areas of the

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CelebSalons

A Literary Culinary Pairing

Author **Martin Walker** was the guest at DCV's final 2019 CelebSalon. Walker is the author of the internationally acclaimed series featuring chief of police, Bruno, of the sleepy fictional town, St. Denis, in the Périgord region of southwestern France. This delightful literary evening was paired with a delicious chicken meal that came from the second Bruno cookbook, both volumes having been masterminded by food writer Julia Watson, who is Walker's wife, and both only available in German. According to host, **Annie Groer**, it's complicated.

Annie and her co-host/chef, **Abigail Wiebensohn**, tested the recipe once, then tweaked it to take into account different ovens (Julia's mighty

Aga vs. Annie's GE Ordinaire), and different chickens, vegetables and grapes (Julia's ingredients were all organic from neighbors and friends in the Périgord whom Annie and Abigail could not call upon.) Alas, the challenges were surmounted and the triumph on Q Street was accomplished by following a favorite culinary maxim: "You can never have too much garlic."

Walker entertained the guests with French history anecdotes and captivating stories of the Caves of Lascaux in southwestern France where his stories take place. The Périgord has

been continually occupied for 70,000 years, since Neanderthals hunted in the forests and early modern humans created the masterpieces adorning the caves. Overall, it was a delightful evening. One guest, who counts himself as one of Walker's biggest fans, traveled all the way from North Carolina to meet the author (he heard about the Salon through the grapevine.)



Live and Learn—Hospitals

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entire hospitalization process. Is there going to be somebody at home to help you? How about steps in the house? Will you have somebody to take you to doctor appointments? If such questions aren't properly attended to, you may find yourself readmitted to the hospital.

Don't forget your primary doctor! You would think that hospitals would automatically alert patients' primary care doctors when the patients are hospitalized. Not so. This is where a personal advocate can help out and call the primary care doctor to let him know what's up. The advocate doesn't need to speak to the doctor personally, Friedman said. A message on his answering machine will suffice.

And whenever you are a patient in the hospital, you will receive a summary of what was done to you upon discharge. Pass this summary on to your primary care doctor next time you visit him. The information will be appreciated and may well improve your medical care, Friedman indicated.

Much more advice on how to survive a hospital stay, or on how to help a loved one survive one, can be found in Friedman's book *Hospital Warrior*. The book also contains some tips from those who work inside the hospital system.

For example, when Friedman asked Gary Ruben, MD, an associate clinical professor at George Washington University, what he would like all patients to know before undergoing a surgical procedure, he replied: "I wish they knew, or could come to accept

as time goes on, that things don't always go the way you would like them to go, but they should never be afraid to ask questions or ask for a second opinion. Family members need to be open to whatever information is imparted. If they get angry or upset, it can make the doctor not want to give them all the necessary information. Families have to understand that sometimes things are not going to work out no matter how hard you try."

Hospital Warrior: How to Get the Best Care for Your Loved One can be purchased through the Amazon and Barnes & Noble Web sites. For more information about the book, visit www.hospitalwarrior.com. The next Live and Learn, on hospital discharge planning, will be held on January 27, 2020.

Monthly Calendar

To register online for an event, go to:

www.dupontcirclevillage.net and select "Calendar," find the event, and register.

Coffee and Conversation

Thursdays, 10:00–11:00 am

Location: Emissary Coffeehouse and Café, 2032 P St NW

Members gather on a weekly basis for coffee and conversation at Emissary located at the corner of P and 21st Streets NW.

Free Senior Yoga

Tuesdays, January 7, 14, 21, 28, 10:30–11:30 am

Location: Church of the Pilgrims, 2201 P St NW

RSVP: Register online or contact DCV Office at (202) 436-5252

In partnership with the DC Office on Aging & Community Living, DCV offers free hour-long senior yoga classes at Church of the Pilgrims.

Recent Retiree Coffee

Wednesday, January 8, 15 and 22, 9:30 am

Location: Uptown Market, 4465 Connecticut Ave NW

Questions: Barbara Scott at casemanager@dupontcirclevillage.net

These get-togethers are for members who are getting ready to retire and/or have retired in the past five years.

Memoir Writing 2020

Wednesdays, January 8 through February 5, 10:30–12:30
Friends Meeting House, Decatur Room

Mystery Book Club—a new offering

Friday, January 10, 4:00 p.m.

Location: 2230 California St NW #2BW

RSVP: Register online or contact DCV Office at (202) 436-5252

The Mystery Book Club will discuss Magpie Murders by Anthony Horowitz. At the end of the meeting, new books will be identified that will be read for the next 4–6 months.



Recent Retirees Dinner

Saturday, January 11, 5:00 pm

Location: Pete's Pizza, 4940 Wisconsin Ave NW

RSVP: Barbara Scott at (202) 441-7290 or casemanager@dupontcirclevillage.net

These get-togethers are for members who are getting ready to retire and/or have retired in the past five years.
Please RSVP for this event.

DCV Movie Group

Wednesday, January 15, 6:30–8:30 pm

Hosted by Abigail Wiebenson, 1916 S St NW

RSVP: Susan Doolittle at (202) 669-8272 or sdoolittle.dc@gmail.com—limit is 16 people

Movies to see ahead: Cunningham and Little Women

Please see the movies before the meeting. Also, you will be asked to bring your choice of food, beverage, or money—we will email a signup sheet before the meeting.

Senior Cinema Day at the Avalon

Thursday, January 16, 10:30–12:30

Avalon Theater, 5612 Connecticut Ave NW

Every 3rd Thursday of the month, the Avalon Theater shows a featured film at a discounted price for seniors. Cost is \$5. Sponsored by the Avalon & Sibley, Chevy Chase House.

Monthly Calendar



Dessert and Dialogue

Thursday, January 16, 7:00–9:00 pm

Friends Meeting House, Decatur Room,
corner of Florida and Decatur

RSVP: Register online or contact DCV Office at
(202) 436-5252

Guest Speaker: Villager Will Berry, on his historical novel,
Chasing Gods.

This book chronicles the calamitous life (1788–1852) of the author's 3rd great-grandfather which was guided by the revelations of charismatic prophets. After the first, a polygamist, was sent to jail, Ephraim Berry embarked on a 600-mile Mormon wagon train to find another prophet who had direct contact with God. But the novel's larger concern is the impact on the Berry family of Ephraim's single-minded quest. A family without a mother, a daughter dehumanized by a polygamist patriarch—the story illuminates the female experience in a society beset by primordial superstition and discrimination.

Sunday Soup Salon: Through Art, a Dialog Between Cultures

Sunday, January 19, 6:00–8:00 pm

Co-hosted by Caroline Mindel and Lynn Lewis,
1760 Swann St NW

RSVP: Advance Registration is Required—Register online
or contact DCV Office at (202) 436-5252. After regis-
tering, coordinate any offers of food and beverage with
Lynn Lewis at lynnlewis940@gmail.com

Renowned Arab-American painter and multimedia artist Helen Zughaib, our Soup Salon guest, melds traditional Arab motifs and Western pop art. Subjects range from cultural identity and family life to the plight of refugees and displacement in the Middle East, the Arab Spring and the Lebanese Civil War.

Helen's work is in the White House, World Bank, Library of Congress and Arab American National Museum, among other notable collections. As well, she has had more than 20 solo exhibitions in the United States and Middle East. Helen will comment on life events and artists who have influenced her work (Jacob Lawrence in particular), using illustrative slides. Join us for this engaging evening.

Men's Book Group

Monday, January 20, 11:30 am (note different time)

West End Library Conference Room, 2301 L Street NW

RSVP: Peter Vandevanter (202) 215-2394 or petervandevanter@gmail.com

This month's book: *Ikigai* by Hector Garcia and Frances Miralles, translated by Heather Cleary. Many of the group have dinner after the meeting in the Bluestone Lane Cafe in the Library. Feel free to join us.

Theater J: Sheltered

Wednesday, January 22, noon

1529 16th St NW (inside the Edlavitch JCC—
enter on Q St off 16th St)

Limit: 10 people; Cost \$15 for DCV members

RSVP: Register online or contact DCV Office at
(202) 436-5252

Arrive by 11:30 am and get your ticket from DCV
member Bella Rosenberg at the Box Office.

It is 1939, and Hitler's assault on Europe has begun. Though much of the world has turned its back on the Jews of Europe, Evelyn and Leonard Kirsch suspect that the menace is real. This ordinary American couple makes a bold decision that could save the lives of many Jewish children and change the course of history. But first, they must convince their estranged friends to help. What begins as a night of cocktails and conversation becomes a tense negotiation of politics, morality, and survival—and the stakes are life and death. A suspenseful story that will bring you to the edge of your seat. Featuring McLean Fletcher, Kimberly Gilbert, David Schlumpf, Alexander Strain and Erin Weaver.

DCV Winter Party

Thursday, January 23, 6:30–8:00 pm

Location: The Chastleton Ballroom, 1701 16th St NW

RSVP: Register online or contact DCV Office at
(202) 436-5252

Come celebrate the start of 2020 with other DCV
Members. Light fare will be served.

Monthly Calendar



Live and Learn: Hospital Discharge Planning

Monday, January 27, 3:30-5:00

Location: The Line Hotel, 1770 Euclid St NW

RSVP: Register online or contact DCV Office at (202) 436-5252—Members Only

Life is uncertain. Sometimes hospitalizations are planned and sometimes they're unexpected. Whichever the case, current hospitalizations are typically for shorter periods of time than they were years ago when patients were further along in their recoveries by the time they left the hospital. The goal of discharge planning is to ensure a smooth transition from the hospital to rehab, home, or elsewhere. Ann McFarren, President of Dupont Circle will discuss the numerous areas that need to be considered to make this transition, and the assistance that the Dupont Circle Village can provide.

Lucy Cooney's Memorial Reception

Tuesday, January 28, 1:00-3:00 pm

Quaker House Living Room, 2121 Decatur Pl NW

This location is fully accessible.

RSVP: RSVP online or contact DCV Office at (202) 436-5252

Please enter using the new entrance next to the Friends Meeting House. Inside the lobby there is an elevator—take it to the 2nd floor and turn left. There is also a new staircase off the lobby if you want to take the stairs.

French Challenge

Tuesday, January 28, 4:30-6:00 pm

Hosted by Kenlee Ray, 1930 15th St NW

Notices of the topics and people to respond to will be posted in advance on the Eblast with more specific information sent to everyone who indicates an interest in attending.

The Supreme Court: Tour with Lorna Grenadier

Thursday, January 30, 12:45 pm

The Supreme Court, 1 First St NE

RSVP: Register online or contact DCV Office at (202) 436-5252

Tour of the Supreme Court, led by Lorna Grenadier. Meet at 12:45 for the 1:00 tour at the John Marshall statue on the ground floor. The tour includes a lecture inside the court room, plus some non-public spaces (based on availability). There is walking inside, but the building is accessible with elevators inside. **Entrance:** to the left of the front steps, and the access ramp is on Maryland Ave on that same (north) side of the building.

Stay Tuned!

The new, exciting 2020 programming, **House Concert Series**, organized by **Michaela Buhler** and **Kathy Price**, is solidifying.

They have a variety of possible performers and host homes available and are firming up details for the launch mid-February.

If you are interested in offering the availability of your home—grand piano a plus—or have contacts within music performance circles that you would like to share, please contact Michaela or Kathy.



Tips for Mobility—Accessible Transportation



Ask Ann

There have been some improvements in DC relating to accessible transportation—I knew some of them, but have been learning about others, and thought I would share for you to be reminded or learn of opportunities.

By Ann Talty

Metro Travel Training. You can sign up for a free one-on-one or group orientation session that familiarizes you with hands-on training on Metrobus and Metrorail accessibility features, and how to qualify for reduced fares. (202) 962-2703 or traveltraining@wmata.com

DC One Card. The idea is to consolidate some DC-issued cards, so you only have to carry one card. It can tie into a government ID, library card, and SmarTrip card (including the senior SmarTrip).

SmarTrip Reduced Fares. Most of you know about the Senior SmarTrip card—you pay half of the normal fare. You just need to show your ID and Medicare card as proof of age to obtain a card. If you are disabled and not yet 65, you can apply for the same reduction, but need to provide more documentation.

MetroAccess SmarTrip ID. Metro Access is a shared ride public transportation service for people who are unable to use the accessible fixed-route Metrobus and Metrorail public transit due to disability. You can ride free on any Metrobus, Metrorail, Circulator. It also gets you a 15% discount fare through Amtrak. To be eligible for MetroAccess service, an applicant must:

- Have a disability as defined by the ADA and be unable to utilize the Metrobus and Metrorail system some of or all the time as a result of their disability. OR
- Need to use a ramp or wheelchair lift to board or exit a public transit vehicle, but an accessible public

transit vehicle is not being used at the time, date, and on the route you would travel. (All Metrobuses are wheelchair accessible.) OR

- Be unable to travel to or from a bus stop or rail station due to a disability, or an accessible pathway to a bus stop or rail station is not available.

Transport DC. This is a premium same-day, cost-effective alternative transportation service for WMATA MetroAccess customers. Transport DC provides unrestricted rides for the first 15 days of the month and rides for employment and medical services only during the remainder of the month. This is a 24/7 service, unlike MetroAccess, which is tied to Metro operating hours. This is a non-shared ride with more flexibility in lead time, and you can make a stop along the

way. It is \$5 each one-way ride, companion riders may accompany you at no additional charge.

Metrobus. All Metrobuses are now equipped with a ramp or lift, and operators are required to use them if needed. There is room for 2 wheelchairs on each bus.

Metrorail. The biggest accessibility issue is elevator outages. The ELstat (Elevator Status) system alerts customers in advance about known elevator outages. You can sign up to be notified of elevator service disruptions by email, text message, pager or personal digital assistant. You can also call 202-962-1212 (TTY 202-638-3780) to learn about elevator outages. To arrange for free shuttle service in the event of an elevator outage, call 202-962-1825 (TTY 202-638-3780).



December Birthdays



▲ Lots of Villagers born in December and many were feted at the DCV December birthday celebration! Back row: **Bob Harlow, Kirk Perrow, Dennis Houlihan, Matt Abrams,** Front row: **Nancy Turnbull, Deidre O'Neill, Helene Scher, Susie Van Pool, Andres Doernberg, Sawon Hong and Mimi Conway.**

Long time member, **Lucia Edmonds**, was born in Manhattan and grew up in an apartment on St. Nicholas Avenue between 152nd and 153rd streets,

DCV Member Profile

where she lived from the age of 2 until 24. She had one brother who was 3 years older and grew up thinking

that he was the smartest, funniest person she knew. Lucia grew up at a time when children regularly played outside enjoying games like Ringolevio, a version of tag, blind man's bluff and rope. Double-dutch was a game where you jumped in-between two overlapping ropes to see how long you could continue without a stumble. Lucia was the double-dutch queen, having reached a number higher than any of her contemporaries.

She is grateful for the value her parents placed on education. Both she and her brother went to the City College of New York (CCNY), a well-regarded school that required both good grades and testing for admittance. Lucia majored in education with a specialty in psychological services. After CCNY, she attended the Columbia University School of Social Work earning a degree in Psychiatric Social Work. For ten years she worked for the Bureau of Child Guidance, the clinical arm of the New York City Board of Education. Toward the end of that time, she happened upon an article in *Life* magazine showing participants in a group learning more about themselves and how to increase effectiveness with others by examining the reactions they received from others in real time, rather than reading a book or listening to a lecture. The article led her to years of study with NTL Institute for the Applied Behavioral Science (NTL Institute) and to consultant work with groups of adults who wanted to learn more about themselves and how to increase their interpersonal effectiveness as



organizations that wanted to involve workers in defining strategies to improve organizational effectiveness.

Her interest in working with young people led her first to Youth House for Girls, a temporary detention and evaluation center for girls facing court appearances, and then to the Bureau of Child Guidance (BCG), the clinical arm of the New York City Board of Education. Within BCG, she was assigned to the Three Schools Project, an experiment to see if by saturating schools with clinical services juvenile delinquency could be prevented. They did their best but it was no contest for the forces afoot. She remembers Phyllis, a frightened eight-year old, coming to the office each day scared to death because they were going to tear her house down and she had no place to move. Lucia still wonders what happened to Phyllis and children like her, filled with so much promise but fighting against odds they were ill-equipped to manage. Even for an adult, those times were difficult. Lucia was walking down the stairwell at one of the schools in November 1963 when she heard that Jack Kennedy had been killed. She was coming home from visiting her father at a hospital in February 1965 when she heard Malcolm X had been killed. She was ironing

when she heard Martin Luther King had been killed in April 1968. She was working at Morris High School when Bobby Kennedy visited and she positioned herself to see him up close. She remembers seeing death on his face. In June 1968, he was killed. Those were troubling times.

Somewhere in all of this, Lucia got married, divorced, traveled, withstood the loss of both parents and set up her first apartment as a single woman. The 1968 Open Housing Law made it possible for her to move into a previously all white area on the upper westside and into an apartment that looked northward to the George Washington Bridge and the Hudson River. Despite those wonderful surroundings, there came a time when Lucia began to feel New York was too much. One day, standing in Macy's Department Store, she began to feel like she would scream if she didn't get out of there. So, when she got a call asking if she was interested in working for the Rouse Company on a project in Hartford, Connecticut, she jumped at it. As Director for Community Involvement for Hartford Process, her responsibility was to design a process to bring together in-house subject area specialists with prospective residents of a renewed Hartford. The only problem was that the "prospective residents" of a renewed Hartford were those being displaced and there was no way they would be able to return because the rapid escalation in the cost of rebuilding outstripped any wage increase they might anticipate. That knowledge put her at war with her values and made it difficult for her to do the job. When her tenure was up, she entered the doctoral program at MIT's School of Urban and Regional Planning and explored the disproportionate impact of public policy decisions on those at the lower end of the income scale.

Once she had finished her coursework at MIT, she began looking for a place to live on a permanent basis. She liked Boston's size, prox-

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Lucia Edmonds

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imity to water and clearly defined neighborhoods but knew she could never live there because racism ran deep and she says with all sincerity that she never saw a black person employed in any city service, store or hotel. Louise Day Hicks, denounced bussing from her seat as a member of the city council, a young black attorney was attacked with the spearhead of an unfurled American flag on the steps of City Hall, and Lucia was refused a ride from the airport by a taxi driver who could barely speak English. Fortunately, she was on the board of the NTL Institute and regularly travelled to Washington DC for meetings. She was attracted to DC by three things: it was about the same size as Boston, the atmosphere was welcoming and she saw blacks gainfully employed. That was 42 years ago and she has never lost her infatuation with our city.

In DC, she accepted a position with the Joint Center for Economic and Political Studies, an organization that provided training, research and technical assistance to newly elected Black officials. Before the 1965 Voting Rights Act, blacks had been pretty much shut out of political office because they were blocked from the right to vote and even in towns where blacks were a numerical majority whites held all levers of power. Once the voting rights act was passed, and blacks began to accede to political office, they found themselves in need of information about how to access resources from federal and state governments and how to set priorities and implement plans for the social, economic and political development of their disadvantaged communities. Her role as head of training and technical assistance was to help bridge that gap by providing budgeting and management training and the creation of skill-building partnerships between their communities and local colleges and universities. After six years, she returned to the field of organization development

and finished her professional career as a consultant to organizations working to align the energy of their workforce to a desired vision. Simultaneously, Lucia served as an adjunct professor teaching Team Dynamics at American University and as a consultant with Elsie Y Cross Associates, one of the nation's first companies to focus on the inclusion of woman and people of color as an organization improvement intervention.

Now, as a fully retired person, Lucia is grateful to have the full use of her arms, legs and much of her mind. She has friends with whom she can sit and talk and go for drinks; belongs to a reading group of thoughtful men and women; enjoys the wonder of the Arboretum where she walks with Village friends on Saturdays and Sundays and goes to theatres and museums when she wants. Despite, or because of, her good fortune she has a gnawing feeling that she should be doing something more. When she complained about this to a friend and wondered what more "God" would have her do, he said, "Be happy!" She had never thought of that and while somewhat relieved, she does continue to feel there is more she should be doing to earn her stay on this earth. Her most frequent thought is of volunteering to tutor young people. Sometimes she thinks of linking DCV to a school since we all have skills and young people have needs. Perhaps making this vision public will push it toward making it a reality.

Summers in DC were difficult for her because of the heat. Up until 7 years ago, she spent summers on Cape Cod with her best friend but since her death, Lucia had to make



other arrangements. For a while, she rented a Pied-à-Terre on the water in Playa del Rey, CA but that became too expensive so she spent last summer in Nova Scotia, Canada and will spend this summer in San Miguel Allende, Mexico. She is trying to find a place that feels "right" while still able to travel.

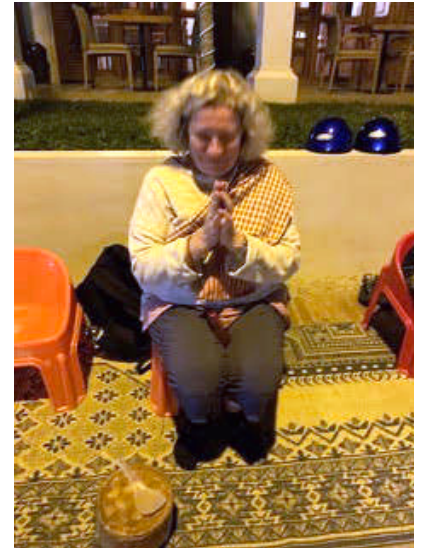
Dupont Circle Village has been invaluable to her. In 2005, She moved from DC to Los Angeles to support her brother who was ill and in assisted living. Once he passed in 2011, she returned to DC to find that an elderly woman whom she admired had died and Lucia feared she may not have had the assistance she needed. To counter that as a possibility for herself and others, she suggested to a neighbor that they form a neighborhood association. She told me there was such an association already established and took her to a Dupont Circle Village gathering. Lucia joined shortly thereafter and the members immediately embraced her. **Peggy Simpson** invited her to a movie and for a walk in the Arboretum. **Caroline Mindel** welcomed her but couldn't remember her name and called her Julia for a year. Lucia notes that her life would be very different without the Village: she feels cared for, always has something to do and is amazed by the warmth, openness and generosity of the members.

Where Are They Now?

▲
Ralph Johanson
and his very
special friend **Anne
Barker** traveled
to Patagonia
and Antarctica in
November and
December. Here
are Ralph and Anne
at Port Lockroy,
Antarctica, on
December 8.



▲
Sam and **Joyce Liberto** recently traveled to Alaska and visited Kodiak Island and Denali National Park.



▲
Karen St. John was recently in Luan Prabang, Laos. Here she is on Thanksgiving morning sharing alms with the Buddhist monks.

Out & About with DCV



▲ On December 24th, thirty Villagers gathered for a festival of "Lights" (Hanukkah and Christmas lights) at **Carol Galaty** and **Ken Shuck**'s inviting and festive home. Each Villager brought a wrapped gift of food that was put under the Christmas tree. **Elaine Reuben** gave an explanation of Hanukkah and recited the prayers before lighting the menorah. With chocolate Hanukkah gelt in hand, Villagers went into the living room and gathered around the Christmas tree. Led by

Village members from the Capital Encore Chorale, **Michael Tanner** on the guitar with his rich, booming voice, accompanied by singers **Elaine Tanner**, **Helene Scher**, **Ann McFarren**, and Ken Shuck on a conga drum, everyone sang 13 classic Christmas songs with gusto. After Michael gave a special rendition of Good King Wenceslas, each guest received a Secret Santa gift of food, to be opened at home on Christmas morning.

▶ For the 4th year, **Ann McFarren** hosted her Annual Village Cookie Exchange. You are guaranteed to take home up to three dozen cookies of various varieties. The group also provides the homemade cookies for the holiday bags that DCV delivers to some of its members



▲ Everybody who knows **Steve Kittrell**, knows that he is a huge Washington Nats fan. He is also very generous by consistently providing Nats tickets to the members. Member **Bill Roberts** thanked Steve by presenting a commemorative 2019 World Series Championship bat to him at our last board meeting. #Natitude



▲ DCV members listen to Phyllis Rosenzweig, curator of the Fast Fashion/ Slow Art (FF/SA) exhibit, at the former Corcoran Gallery of Art. A timely exhibition merging contemporary art and journalism to interrogate waste and consumerism in the garment industry, the cultural significance of which often gets unnoticed.

Pumpkin, Walnut and Sage Crostata



By Lois Berlin

I saw this recipe in the *Washington Post* (adapted from "Higgins: The Veggie Cookbook" by Camilla Stephens) before Thanksgiving and decided to give it a try. I have already made it twice since turkey day and absolutely love it. I have even contemplated making it without crust! You

can make the pumpkin mixture and the puréed mixture up to 3 days in advance and store them separately in covered containers in the fridge. This recipe is definitely one of my keepers and Larry agrees!

Ingredients

- 1 sugar pumpkin (about 2 lbs), peeled, seeded and cut into 1 inch wedges (I used Kobucha, a very orange and sweet pumpkin/squash since NO one at the Farmer's Market had or had ever heard of sugar pumpkin!)
- 4 shallots, peeled and quartered
- 4 cloves garlic, peeled and left whole
- 16 fresh sage leaves (I used fresh thyme which is much less bitter)
- 6 TBSP extra virgin olive oil
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- ½ cup raw walnut halves or pieces
- 2 TBSP apple cider vinegar
- 2 tsp whole grain mustard
- 1 tsp honey (can substitute agave nectar)
- 1 pinch red pepper flakes
- 1 pie crust (I bought ready made—if you're ambitious, you can make your own!!)
- 1½ ounces Stilton, Gorgonzola or another blue cheese (you can also use feta or goat cheese if you're not a blue fan).

Steps

1. Preheat the oven to 400 degrees and line a large baking sheet with parchment paper.
2. In a large bowl, combine the pumpkin, shallots, garlic and sage or thyme. Drizzle with 2 TBSP of the oil, season and salt and pepper and toss to coat. Put the mixture on your large baking sheet and roast for about 25 minutes, until the pumpkin is barely tender.
3. Remove half of the pumpkin mixture from the baking sheet and set aside. Add the walnuts to the remaining pumpkin mixture on the pan and return it to the oven to roast for another 10 minutes or until the pumpkin is very soft and the walnuts fragrant. Scrape the pumpkin-walnut mixture into a food processor (leave the oven on!!). Add the vinegar, mustard, honey and red pepper flakes and process. With the motor running, drizzle in the last 4 TBSP of olive oil and process until the mixture is smooth. Taste and add salt and pepper if needed. (At this point you can stop and refrigerate your smooth and chunky pumpkin mixtures separately.)
4. Prepare your pie dough by flouring a surface and rolling it into a 10 inch circle (or get out your prepared pie crust) and transfer your crust to a lightly greased baking sheet. Spoon the puréed mixture into the center of the pastry, leaving a two inch border around the edges. Arrange the reserved pumpkin wedges, shallots and garlic on the filling. Lift the pastry up around the purée and veggies and crimp the edges (I did this before putting the purée on it the second and third times I made it—much less messy!!). Return your pan to the oven and bake for about 30 minutes, until the pastry is deep golden brown.
5. When the crostata is finished baking, remove it from the oven and sprinkle the cheese, if using, over the top. Let cool at least 15 minutes before slicing. Serve warm or at room temperature.



Poetry Corner

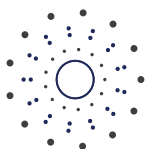
Small Kindnesses

Danusha Laméris (2019)

I've been thinking about the way, when you walk down a crowded aisle, people pull in their legs to let you by. Or how strangers still say "bless you" when someone sneezes, a leftover from the Bubonic plague. "Don't die," we are saying. And sometimes, when you spill lemons from your grocery bag, someone else will help you pick them up. Mostly, we don't want to harm each other. We want to be handed our cup of coffee hot, and to say thank you to the person handing it. To smile at them and for them to smile back. For the waitress to call us honey when she sets down the bowl of clam chowder, and for the driver in the red pick-up truck to let us pass. We have so little of each other, now. So far from tribe and fire. Only these brief moments of exchange. What if they are the true dwelling of the holy, these fleeting temples we make together when we say, "Here, have my seat," "Go ahead—you first," "I like your hat."



The Dupont Circle Village is a non-profit volunteer organization that connects neighbors to services and educational, cultural/social and health and wellness activities. Please consider a donation now or remember us in your will.



DUPONT CIRCLE VILLAGE
SHATTERING THE STEREOTYPE
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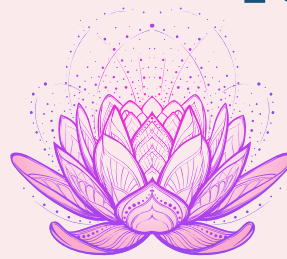
www.dupontcirclevillage.net
admin@dupontcirclevillage.net

202-436-5252

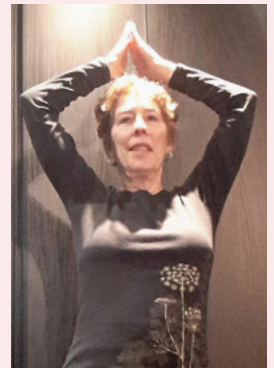
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Yoga Tips



Judy Silberman,
Yoga Master



As we start this very round and even new year, let us focus on the Sanskrit word for contentment—Santosha. It embodies the secret of happiness, which is to want what you already have. Say out loud 3 things that bring you joy. Say out loud 3 people who bring you joy. Close your eyes and focus your attention on how rich and lucky you are to have these things and people in your life. May you have peace, love, and good health in 2020.